



Centering Prayer Series

Where: **The Upper Room**

St. Paul's Episcopal Church
242 E. Alvarado Street
Pomona CA 91767

When: Wednesdays, 7:30 pm-9:00 pm

Who: Free and open to all!



Led by experts in these ancient forms of prayer & contemplation.

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| Session 1: October 25th | “Intro to Centering Prayer” | Fr. Mark Hallahan
<i>Rector of St. Paul's & Monastic Associate</i> |
| Session 2: November 1st | “The Cave of the Heart” | Phyllis Phelps
<i>C.A.R.A. & Spiritual Director</i> |
| Session 3: November 8th | “Lectio Divina” | Bro. Dennis Gibbs
<i>Community of Divine Love Monastery</i> |
| Session 4: November 15 th | “The Jesus Prayer” | Sr. Greta Ronningen
<i>Community of Divine Love Monastery</i> |
| Session 5: November 29th | “The Contemplative Way” | Dan Miller
<i>Human & Holy” & thesacredbraid.com</i> |



God's first language is Silence. Everything else is a translation.
- Thomas Keating



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